



CHOLESTEROL

New Standard

School Food Authorities shall limit cholesterol to 75mg for breakfast and 100mg for lunch.

This is not a new standard for Idaho Child Nutrition Programs.

Rationale

Lowering the amount of cholesterol in school meals may help reduce the chance of heart problems later in life for children. The *2005 Dietary Guidelines for Americans* recommend consuming less than 300mg of cholesterol per day.

What is Cholesterol?

The body uses cholesterol to make hormones and digestive juices, and it is essential for cell building. Cholesterol is needed to survive, but the liver makes just enough to meet the body's daily needs. Any cholesterol eaten adds to the body's overall cholesterol level. Many Americans eat too much saturated fat and cholesterol, which increases unhealthy blood lipids (low-density lipoproteins, or "LDL cholesterol").

Cholesterol is only found in foods of animal origin and never from plant sources. Food sources of cholesterol include: meat, fish, poultry, eggs and dairy foods.

